**Help! I can’t show it all!**



Because assessors cannot set foot into your actual classroom environment, your video provides you with the opportunity to showcase your actions as a teacher. As educators know, one cannot tell everything there is to know about the quality of one's teaching simply by stepping into the classroom for 15-20 minutes. National Board assessors know your video only provides a "slice" of the larger scope of your teaching practice. That is why the written commentary is so important. It offers candidates the opportunity to describe those actions and explain the nuances of individual teaching decisions.

Ultimately, the video should contain more than just a demonstration of a well-crafted lesson. A well composed commentary should address the intentional effects of each instructional decision that impacts the progress of student learning towards your intended goals. This requires intentional planning on the candidate's part. Prior to the video recording of your lesson, it is important to purposefully plan for the interactions you expect and the environment you want to create in your video segment.